Mollie's story

As a sophomore in college, Mollie discovered a mole on her thigh. In the following six months, she underwent surgery, chemotherapy and radiation. The Mollie Biggane Melanoma Foundation was created in her memory after her tragic death at the age of twenty.

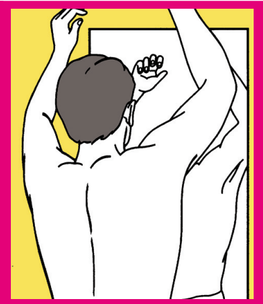
Our mission

We will increase awareness for melanoma prevention, provide information and services on skin cancer detection, and support melanoma patients through education of the latest treatments.

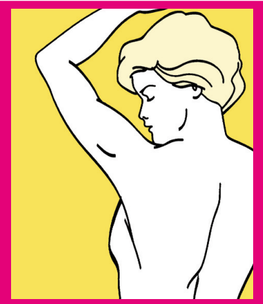
MolliesFund.org

5 easy steps to examine yourself

Skin Cancer

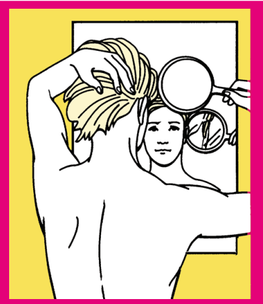


Examine body front and back in mirror, then right and left sides, arms raised.

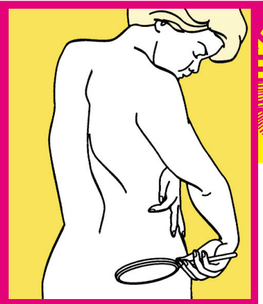


Bend your elbows. Look carefully at forearms, back of upper arms, and palms.

Next, look at the back of your legs and feet and spaces between your toes and soles.



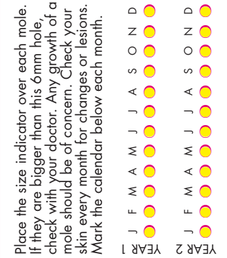
Examine the back of your neck and scalp with a hand mirror.



Finally, check your back, buttocks and genital area with a hand mirror.

Did you check your skin this month?

Place the size indicator over each mole. If they are bigger than this 6mm hole, check with your doctor. Any growth of a mole should be of concern. Check your skin every month for changes or lesions. Mark the calendar below each month.



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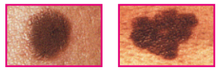
ABCDE's... examine your moles today

Asymmetry



Symmetrical Asymmetrical

Benign (non-cancerous and non-malignant) moles are typically round. (Symmetrical)

Melanoma (cancerous and malignant) lesions are typically irregular in shape. (Asymmetrical)

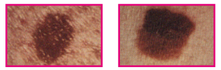
Border

Even border Uneven border

Benign moles have smooth, even borders. (Even)

Melanoma lesions often have uneven borders. (Ragged or notched edges)

Color



Single shade Many shades

Benign moles are usually a single shade of brown. (Single shade)

Melanoma lesions often contain many shades of brown or black. (Many shades)

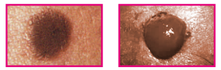
Diameter

< 6mm > 6mm

Benign moles are usually less than 6 millimeters in diameter. (<6mm or 1/4")

Melanoma lesions are often more than 6 millimeters in diameter. (>6mm or 1/4")

Evolving



Flat Elevated

Benign moles usually do not change size over time. (Flat)

Melanoma lesions often grow in size or change in height rapidly. (Elevated)

Images: ©Schering Corporation

Change in mole

Appearance: size, shape or color.

Sensation: itchiness, pain or tenderness.

Surface: scaliness, oozing or bleeding.

Enlargement: grows in size rapidly.

Elevation: becomes raised above skin.

How to protect yourself from

Skin Cancer

Limit time in the sun, particularly between 10am - 4pm.

Use sunscreen with an SPF of 30 and UVA/UVB protection, even on cloudy days.

Sunglasses with UV protection.

Wear hats and tightly woven clothing for additional protection.

Avoid tanning beds.

Examine your skin every month after a bath or shower.

Schedule a: yearly exam with a dermatologist.

Have you checked your skin lately?